



TIPS FOR MANAGING

SEASONAL STRESS

Everyone experience stress some of the time.
Many more deal with a lot of seasonal stress.
Help is on the way.

Discover how to cope with seasonal stress
With an informative and fun program sponsored by your
CommonHealth Wellness Program.



December 3, 2015

James Monroe Bldg. (Room B) 101 N. 14th Street, Richmond

11:00 am – 12:00 noon

Pre-registration is required due to limited space so sign up early!

Register at:

<http://survey.dhrm.virginia.gov/n/SeasonalStressRelief.aspx>